

Foundation critical for financial aid

Organization unites “charitable giving with priorities of KSU”

Austin Enns
staff writer

Walking between classes, students are surrounded by landscaping and classic architecture. Inside the buildings sit the many professors and staff members who shape the experience enjoyed by K-State students.

All of these employees and their work are paid for, but students do not always think about how their schooling is funded. Tuition and state appropriations pay for some of it, but each year the KSU Foundation helps fund part of the budget.

Fred Cholick, president for the Foundation, said the Foundation's mission is to “unite charitable giving with the priorities of KSU.” Cholick said last year the Foundation, which is separate from the K-State Alumni Association, received about \$90.9 million in donations, the fourth highest year on record for total dollars received. Over 43,000 people contributed to that total.

About \$29 million was donated in deferred gifts and pledges, but Cholick said around \$40 to \$50

million will be transferred to K-State to use for things like scholarships, faculty chairs and capital improvements. For example, Cholick said the Leadership Studies building was constructed with money donated through the Foundation. The rest of the money goes mostly toward K-State's endowment.

Larry Moeder, director of admissions and student financial assistance, said the General Scholarship Committee receives about \$1.2 million from the Foundation. Other scholarships from the Foundation are donated through specific colleges, but many donors choose to give general scholarships with certain requirements attached.

“Many are very specific, like academic area, major — it comes down to individuals who leave money and if they want to help a certain type of student who wants to accomplish certain types of things,” Moeder said. “Everybody has different qualifications.”

K-State had a budget of \$645.5 million last year, and Bruce Shubert, vice president for administration and finances, said the Foundation transferred \$46 million to the university. Shubert said as costs for scholarships and faculty increase, the Founda-

tion's funds will have an increased importance in the K-State budget.

“The Foundation is extremely critical to us, especially in terms of financial aid to students,” Shubert said.

Even though the Foundation is the official fundraising arm of the university, Cholick said it got a lot of help from students and faculty in areas like the KSU Foundation Telefund and the K-State Proud Campaign.

Cholick and his staff spend a lot of time building relationships with alumni, while trying to persuade them to give to the university in areas they are interested in.

“We have a very extensive shared database with the Alumni Center, and part of it is on known and past relationships. People don't just walk in and give the money; we have to visit and build on their passions,” Cholick said. “It's

driven by a database, but it is all relationships.”



Police director: Party rumors untrue

RCPD short-handed, not writing more tickets

Danny Davis
senior staff writer

Rumors are abound on campus about a possible “police crackdown” on parties. One of the more popular rumors lately has been that the law enforcement from the Riley County Police Department wrote over 100 tickets at a single party.

The truth, however, is that RCPD wrote a total of 56 tickets between 3 parties, said Brad Schoen, director of RCPD. These parties took place on the weekend of August 28.

Dispelling another rumor, he said that RCPD is not writing more tickets to make-up for a budget decrease. Contrarily, their budget has increased since last year, and money generated by tickets goes to the courts, not RCPD.

Another rumor spreading across campus is that RCPD has hired additional officers to help bust parties.

“That is absolutely untrue,” Schoen said. “In all honesty, we're kind of short-handed.” Schoen said that while they have not hired more staff to

focus specifically on busting parties, the normal staff of officers continue to react to noise complaints and disruptive behavior at parties.

Labor Day weekend, officers drove by multiple parties and believed minors to be a part of them, he said. But they did not try and bust the parties because there were no problems or complaints.

“Nobody was peeing on anyone's begonias, or throwing their beer cups into the neighbors yard, or screaming and yelling at the top of their lungs,” Schoen said. “We don't have any interest in running around town looking for these little parties.”

The parties that the RCPD is looking far are the ones that are large and draw attention to themselves, he said. If a party begins to escalate, officers try and take preemptive measures. These measures include knocking on the door, making sure the party-goers are aware of the laws, and that minors are not consuming alcoholic beverages.

While some people are under the impression that RCPD operates on a one-warning policy, Schoen said there is in fact no

See POLICE, Page 8

State DNA backlog to be eliminated by Feb

Attorney General makes this task a top priority

Tim Schrag
senior staff writer

Kansas Attorney General Steve Six announced in a Sept. 1 press conference in Topeka that the backlog processing of DNA samples of individuals arrested by law enforcement will first be reduced by 70 percent and will later be completely eliminated by February.

“An issue local prosecutors and law enforcement officials brought to me time and time again is the delay in processing DNA samples that are crucial to bringing criminals to justice,” Six said. “Working closely with the KBI, I made eliminating the backlog of DNA arrestee samples a top priority. Being able to address this issue at a time when the lab is receiving more samples than ever is a tremendous accomplishment.”

Six said the backlog of more

than 38,000 samples had been reduced by the Kansas Bureau of Investigation in September 2009 to nearly 11,000 as of late August.

Captain Don Stubbings of the K-State Police Department said he thinks this backlog reduction is a good thing.

“The ability to submit DNA for analysis without the backlog is significant to timely investigations and prosecutions,” he said. “With the backlog in the past, it often took several months to get results back from the KBI. The resources that have been provided to the KBI will help significantly.”

Stubbings also said the change will not affect how the department specifically handles cases, but it will allow investigators to have results in a shorter time period.

“The collection and analysis of DNA evidence is crucial,” he said. “Having the ability to get timely results allows investigators to present cases for prosecution with better efficiency.”

\$30K in funds goes unused

Money will revert back to reserve account

Danny Davis
senior staff writer

Unused funds for clubs, groups and organizations on campus that are funded by the Student Governing Association will be reverted back to an SGA reserve account. The money, totaling \$30,000 across all of the accounts, was given to the groups through legislation last year.

SGA statutes state that the Allocations Committee must close accounts with unused funds on an annual basis. The process of closing the accounts allows SGA to retain the balances for future uses.

The student council within the College of Agriculture holds the single largest account with unused funds, with a balance of \$4,000.

On the opposite end of the spectrum, University for Mankind holds a balance of only 29 cents.

The Allocations Committee provides groups with funds that are generated by the student privilege fee.

To close the accounts, a bill will be introduced at tonight's senate meeting.

Danny Unruh, student body

See SGA, Page 7

‘Little Debbie diet’ may not be so sweet

Professor experiments with pre-packaged snack cakes to test bounds of human nutrition

Sam Diederich
staff writer

Typically, a married couple needs to be supportive of each other in their respective attempts to stay away from diet-crashing cakes and cookies. For a few weeks this semester, however, Michelle Haub will be encouraging her husband Mark Haub, associate professor of human nutrition, to keep slurping down snack cakes.

As part of an unofficial experiment for his class in human nutrition energy balance, Haub is ingesting a diet of mostly snack cakes for 30 days in an effort to test the bounds of human nutrition.

“What I want to know is, if we get essential nutrients in our diet, whether it is a whole-food diet or whatever, does it matter where the energy comes from, so long as we don't exceed the calories we expend with the calories we take in?” Haub said. “In the short term, diets like the vegan diet or the Atkins diet seem to support the conclusion: if you meet the nutrient requirements, then it doesn't necessarily matter where you get energy.”

While replacing his main courses with pre-packaged confectionaries, Haub is receiving his essential nutrients by taking a multi-vitamin each morning and by helping himself to two or three servings of vegetables a day. These supplements allow him to continue to receive essential nutrients while still depending on sweet snack cakes for the bulk of his diet.

So far, the results look positive.

“From a health perspective, things seem to be moving in a positive direction,” Haub said. “I've lost almost 8 pounds in two weeks, and my blood lipids have improved, and that's what people recommend.”

To Brian Lindshield, assistant professor of human nutrition, the diet demonstrates an important aspect of human health.

“It's not so much about what you eat, as much as about the amount of calories,” Lindshield said. “If he's eating within his calorie allotment, then he will probably still lose weight.”

However, Lindshield said it was important that Haub's diet includes more than just junk food.

“He is doing a good job of eating vegetables and taking vitamins, so he is getting his micronutrients that he would not get from eating snack cakes,” Lindshield said. “If you are eating very processed foods and no fruits or vegetables, then you would encounter some long-term problems.”

The “Little Debbie diet,” as Haub likes to call it, does present some challenges. For instance, after his first full day of cake consumption, Haub experienced some mild headaches.

“It was not quite a migraine. I would say it was similar to a morning after a night spent out at Aggieville imbibing in some adult beverages,” Haub said. “It was a snack cake hangover for a day.”

Michelle Haub believes the diet has also tested Haub's dedication to research and science.

“I think he is craving some of the fruits,” Michelle said. “He does have that look in his eye sometimes when the rest

See DIET, Page 7



Mark Haub, professor of human nutrition, sits in his office Wednesday afternoon with his Little Debbie Nutty Bars, part of his unhealthy diet study.

Jennifer Heeke | Collegian

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13 The whole enchilada

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15 In the thick of

16 Carnival city

17 “— go bragh!”

18 Pacific discover-er

20 Threaten

22 Squid squirt

23 Longing

24 Longest abbr. on many calendars

27 Nero and Napoleon

32 Eggs

33 Greek H

34 Debtor’s letters

35 1974 John Carpenter movie

38 Chess soldier

39 Blackbird

40 Commo-tion

42 Hardly colorful

45 Lizard’s place?

49 Blunder

50 Common soccer score

52 Cranny

53 Compe-tent

54 Geologi-cal period

55 “Unforget-table” singer

DOWN

1 Impale

2 Dalai —

3 Botanical angle

4 Morsel

5 Pet bird, often

6 Actor Wallach

7 — onto (snatch)

8 Church key, e.g.

9 Irrational distrust

10 Grand-scale tale

11 Hamlet, e.g.

19 Broad-casting

21 CBS logo

24 Turf

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26 Geomet-ric curve

28 Urban transit letters

29 Seeming displace-ment, to astron-omers

30 Tier

31 Baltimore news-paper

36 Stabbed

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44 Individu-als

46 Midday

47 Olympian’s prize

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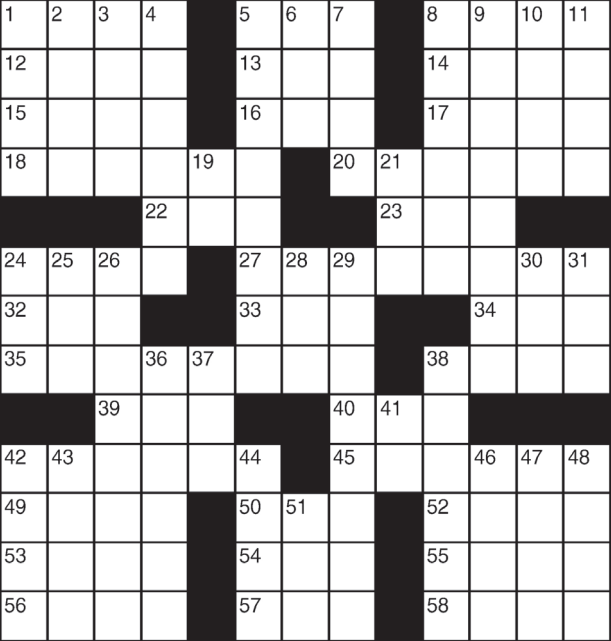
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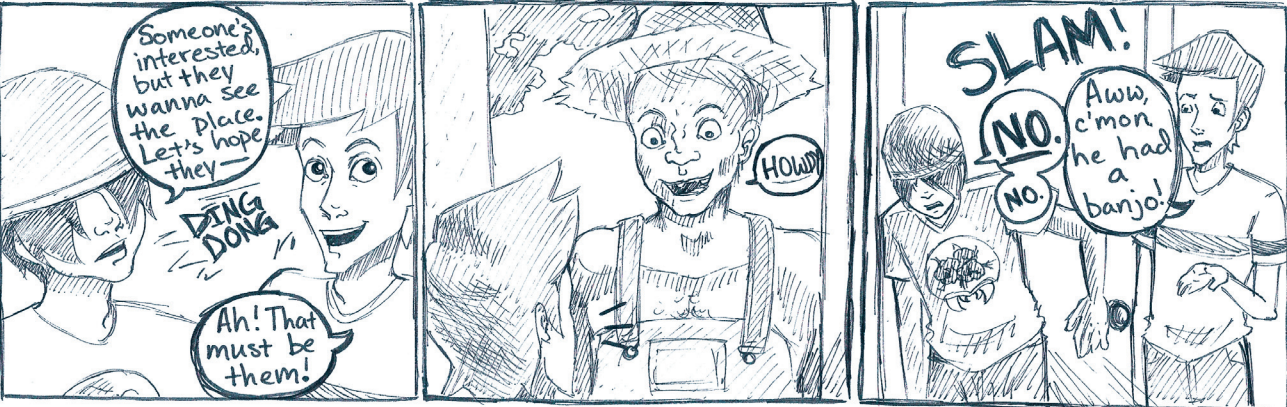
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Yesterday’s answer

9-9



Logan’s Run | By Erin Logan



POLICE REPORTS

Tiara Williams
staff writer

DRIVER, PASSENGER SENT TO MERCY HEALTH CENTER

Emergency Medical Services transported a local woman and her female passenger to the hos-pital Tuesday afternoon after a rear-end collision, according to a Riley County Police Department report.

Betsabe Colon, 26, of Fort Riley, and passenger Ashanty Col-on-Romero were merging from 17th Street onto Fort Riley Boul-evard when Richard Hoyt III, 20, of the 1000 block of Bertrand Street, who was also trying to merge, rear-ended Colon with his Ford Explorer, said Lt. Herb Crosby of the RCPD.

Colon and Colon-Romero

were transported to Mercy Health Center for back and neck pain.

Police cited Hoyt for inatten-tive driving.

MISSING WIRE ESTIMATED AT \$3.5K

A local woman reported the theft of 1,200 feet of barbed wire from her fenced pasture area, ac-cording to an RCPD report.

Janet Immer, 50, of the 3700 block of Cottonwood Circle, dis-covered that someone removed the wire from her property on Oak Valley Road, Crosby said.

The incident occurred between Aug. 21 and Sept. 6, according to the report.

Crosby said police have no suspects but estimated damages at \$3,500.

WEEKLY BLOTTER

ARREST REPORTS

TUESDAY

Heather Renee Bennett, of the 2500 block of Farm Bureau Road, was booked for driving with a canceled, suspended or revoked license. Bond was set at \$750.

Victoria Brynne Cowley, of the 1200 block of Pioneer Lane, was booked for theft. Bond was set at \$1,500.

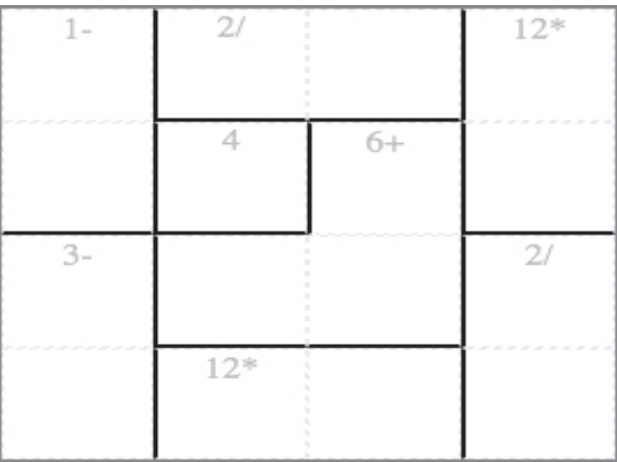
Dustin Wade Howell, of Ellsworth, Kan., was booked for probation violation. Bond was set at \$500.

Kyle Erwin Serrien, of the 1100 block of Ratone Street, was booked for failure to appear. Bond was set at \$500.

Clayton Paul Smith, homeless, was booked for failure to appear. Bond was set at \$2,000.

KenKen | Medium

Use numbers 1-4 in each row and column without repeating. Numbers in each outlined area must combine to produce the target number using the mathematical operation indicated.



CORRECTION

There was an error on Page One of the Monday, Sept. 7 Collegian. The banquet held for the journalism and mass communications centennial took place on Friday, Sept. 3, not Saturday, Sept. 4.

9-9

CRYPTOQUIP

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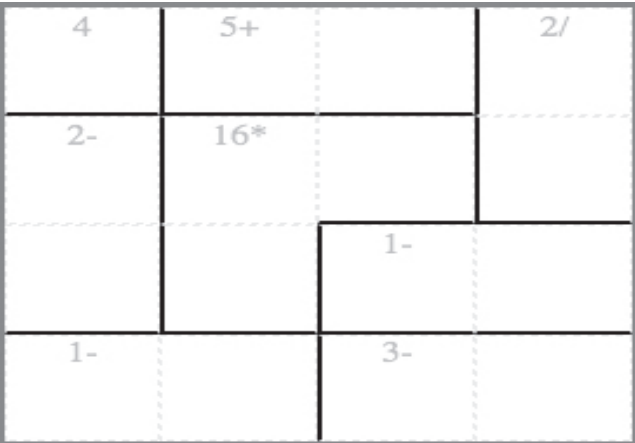
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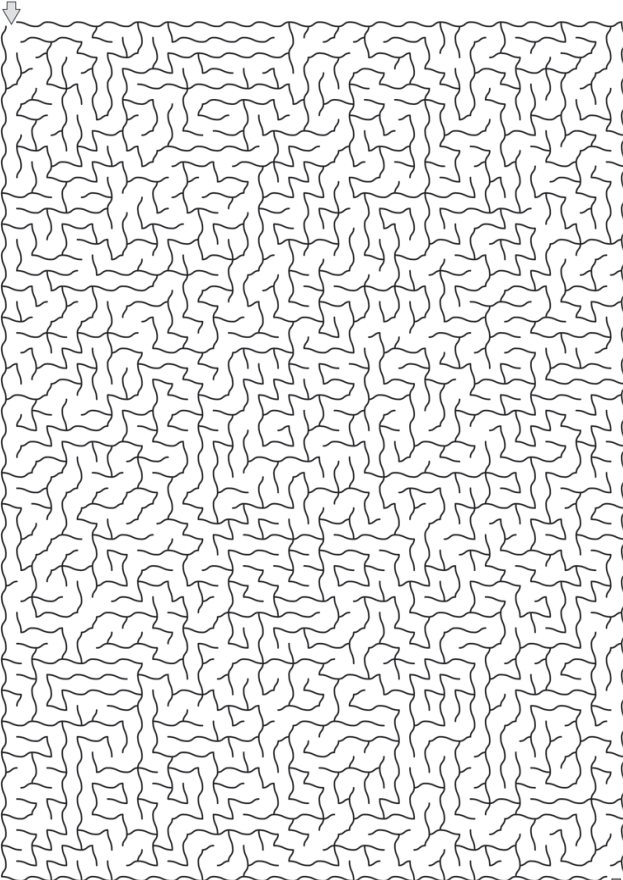


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Quilting: not just for grandmothers



Photo by Nathaniel LaRue | Collegian

Jessica Ruit, residential services coordinator at Meadowlark Hills, looks closely at a quilt at the Pieces of Time exhibit in the Beach Museum of Art Wednesday afternoon. The exhibit is on display through Sept. 12.

Beach Museum hosts exhibit on historical, modern quilts

Tiffany Roney
staff writer

In many movies and television shows, quilting is portrayed as a dull activity for homebody grandmothers. “When I hear the word quilting, I think ‘boringness,’ someone just sitting there with nothing to do,” said Maleah Evans, sophomore in open option. “It’s for old people.” To David Struss, however, quilting is a worthwhile activity for people of any age. Struss, junior in trombone performance, has made three quilts. “It’s a handy, handy skill to

have,” Struss said. “It requires a lot of different types of stitches, so if you can quilt, you can repair any piece of clothing. And if you go on to make your own clothes, it’s so much cheaper than to buy them.” Martha Scott, business and marketing manager for the Beach Museum of Art, said beyond quilting’s practical value, it is also a legitimate art form. “It’s interesting to see the amazing, intricate work that has been done on the quilts,” Scott said. “The workmanship is fantastic, and the types of quilts span a wide time frame.” Scott said the museum is currently hosting a quilting exhibit through Sept. 12. The exhibit has quilts from K-State’s Historic Costume & Textiles Museum.

Also, the museum will host “American Quilts in the Modern Age” from 4:30-6:30 p.m. on Sept. 10 at All Faiths Chapel. A reception will follow the exhibit at the museum. Patricia Crews, 1984 K-State alumna and director of the International Quilt Study Center and Museum at the University of Nebraska-Lincoln, is scheduled to present a lecture about how Americans responded to rapid industrialization and urbanization, as reflected by quilt designs and sewing processes. Struss said he encourages students to attend the lecture and exhibit because there is more to quilting than some people think. “Quilting — it’s a patchwork of squares and ideas that are all sewn together,” Struss said.

New food science camp targets youth, healthy eating habits

K-State Research and Extension

A new camp concept is targeting middle school students, who, according to nutrition educators at K-State, are at the age when they are beginning to make their own choices about food, nutrition and health. Imagine, for example, teaching a sixth grader how to read and evaluate nutrition labels on food products, and then watching him or her begin choosing lower-fat versions of familiar foods. Such is the case for middle school youth from Shawnee County, Kan., participating in a first-time 4-H Food Science Camp, said Sarah Laib, K-State Research and Extension 4-H youth development agent in the county. “Just when you begin to think they haven’t been listening, they speak up,” said Laib, who accompanied campers on a grocery shopping trip for ingredients to make a pizza. While watching campers read the nutrition facts labels before choosing the cheese, one camper warned companions: “We can’t buy this. It’s got too much fat in it.” His comment was enough to encourage co-campers to help look for — and choose — a lower-fat cheese as a healthier ingredient for making pizza for their lunch, she said. Laib and June Martin, Extension youth nutrition educator in the county, brought 13 middle-school youth and three high-school-age youth, who are training to serve as mentors for upcoming nutrition education classes in the Topeka school system, to the two-day food science camp. “The nutrition education effort was funded by a Cargill 4-H Science Grant from National 4-H Council with

additional support from USDA’s Children, Youth and Families at Risk Strengthening Communities Project,” said Carol Fink, who was a Kansas 4-H youth development specialist at the time she wrote the grants to fund the camp concept. Thirty-five middle school students from McPherson, Shawnee and Wyandotte Counties attended the camp session, Fink said. The food science camp was planned and managed by Kansas 4-H, but the youth attending were identified through school and community groups, and many had no previous experience with educational 4-H programs, Fink said. Camp sessions focused on food, food safety and science along with the practical aspects in choosing and using food, everyday nutrition and health, Fink said. Introductory sessions conducted by Fadi Aramouni, professor of food science and animal sciences and industry, explained basic food safety concepts, including adequate hand washing. “Hand washing is a simple and effective step in reducing the transfer of disease-causing bacteria, spread of illness, and cross contamination of foods,” said Aramouni, who emphasized the importance of hand washing before and after handling raw or cooked foods and before and after eating. The professor followed the hand-washing exercise with a short lesson on grains, their role in diet and health and bread making. After explaining how varying combinations of ingredients dictate choosing leavening agents (baking powder, baking soda and yeast, for example), Aramouni divided students into groups and invited them to choose a recipe and try their

hand in preparing it in the mini-kitchens used by nutrition students in Justin Hall. “Different bread recipes challenged campers to read and interpret the recipe, do the math needed to measure ingredients and follow directions exactly,” said Fink, who noted that numbering off into groups also allowed the diverse group of students attending the camp to get acquainted with others from urban and rural areas with varying knowledge about food and food safety. Prior knowledge of food, food safety and preparation for students attending the camp ranged from near zero to baking a German chocolate cake, which one young camper has learned to prepare with her dad, who likes to bake special occasion foods. In addition to bread making and baking, students also were invited to prepare chicken fingers and a salad, which then became part of their supper, Fink said. The kitchen experience was first for many, and results, which varied, were both edible and educational. Campers were treated to evening activities to get further acquainted at the Peters Recreation Complex along with lessons on how and why physical activity is needed to balance calorie intake and maintain overall health, Fink said. On the second day of the camp, youth came together again in the educational center at HyVee, for sessions with Aramouni and Karen Blakeslee, K-State Research and Extension food scientist, who focused on nutritional elements in favorite foods, portion control (so as not to add extra calories and

See F00D, Page 8

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Shela Copeland
JUNIOR, CONSTRUCTION SCIENCE MANAGEMENT

"Muthalucker, because it's simpler to say than the real one."



Ronald Ross
SOPHOMORE, APPAREL AND TEXTILE

"Fudgecake, because you can use it as an insult but cover it up like it's food."



DaJa Bresette
FRESHMAN, MASS COMMUNICATIONS

"Scrubbing, puts people in their place, it demeans people."



Jesse Burkett
SENIOR, ARCHITECTURE

BETTER GRADES

K-State's sustainability needs to improve from 'C-'



David Rose

K-State was founded as an agricultural college in 1863 and soon after adopted the motto, "Rule by Obeying Nature's Laws." Yet nearly 150 years later, our institution has strayed far from its original commitment to nature and its laws.

For several years now, the Sustainability Endowment Institute has scored colleges and universities in The College Sustainability Report Card, with factors including energy consumption, recycling, student involvement and green building. Last year, they gave K-State a "C-" rating. Now for some of us, that's a passing grade, and that's good enough. But as an institution of our magnitude, "C-" is something to be ashamed of. As a university committed to obeying nature's laws, "good enough" never is.

Not only should we be ashamed of our near-failing score, we should also be ashamed of how we stacked up against our competition. That "C-" put us at the bottom of the Big 12 Conference, beating out only Texas Tech University. That means Oklahoma beat us. Nebraska beat us. Even KU beat us. KU!

I should mention, however, that there is much to be admired about K-State in terms of sustainability. We have the Leadership Studies Building, which is LEED Silver certified. A new convenience store is going in the Jardine Complex which will also be fairly sustainable. We have the active and involved Students for Environmental Action club, working tirelessly on projects like Game Day Recycling. We also have a student body president and vice president, Danny Unruh and Annie Oliver, who have committed themselves to putting K-State at the top half of the Big 12 in sustainability rankings.

Furthermore, K-State recently received a wind turbine through a donation from Westar Energy. This could open up opportunities for research and attract students interested in green technology. Looking

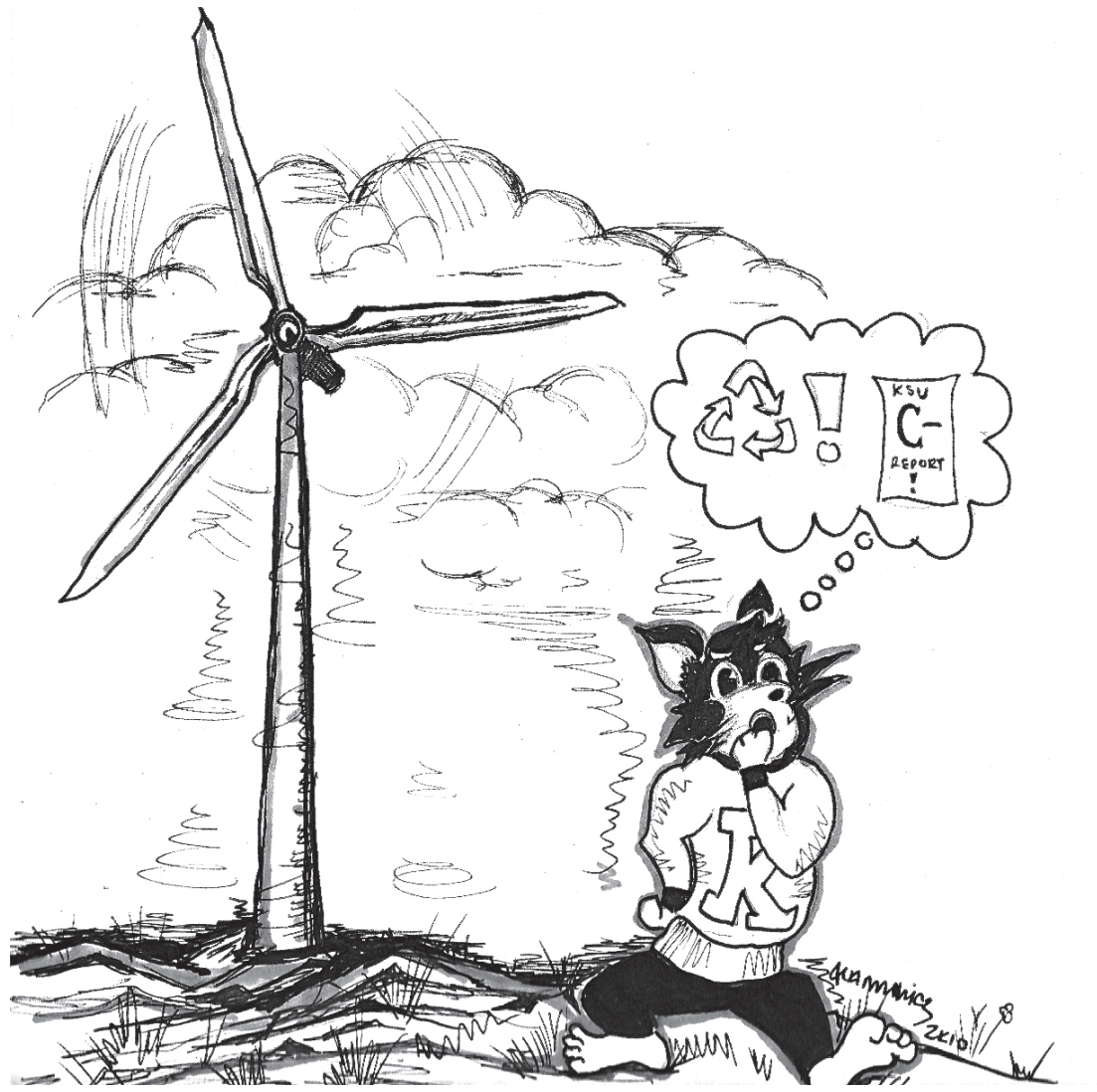


illustration by: Jillian Aramowicz

forward to the future, when renewable technologies will surely be in high demand, these are the kinds of opportunities and students we want. If there is one thing to take from writers like Thomas Friedman, it's that green and renewable technologies are the future. The people who invest in those technologies and utilize them best will be the leaders of tomorrow.

But if K-State is to make use of these opportunities, we'll need more than just a single wind turbine and a handful of solar panels. If K-State is to move forward in sustainability, we will need commitment from every level of the university. We will need not only the student body president working toward sustainability, but the school's administration as well. We need more than just a handful of

students in SEA working to recycle on game days. We need more than just a few green buildings.

Achieving these varied goals is going to be difficult, and will surely require a multi-disciplinary approach. Our hundreds of millions of dollars in deferred maintenance from the State of Kansas will certainly get in the way of making older buildings more energy efficient. The dependence of the student body on automobile-based transportation will also impede our progress in sustainability. But these obstacles can be overcome with time, hard work and a little ingenuity.

One opportunity to move forward is President Schulz's commendable goal of becoming a top 50 public research institution by 2025. One of the factors laid out

by President Schulz is to attract world-class researchers and professors. I see no better way to attract world-class professors than by having world-class and sustainable buildings coupled with a world-class and sustainable community.

As a land grant university sitting on the windy plains in the heart of America, we have unique roles and responsibilities. The question we must face now is whether we take those responsibilities seriously and return to our "Rule by Obeying Nature's Laws," or whether we continue on this beaten and ultimately unsustainable path.

David Rose is a sophomore in political science and international studies. Please send comments to opinion@spub.ksu.edu.

Reality TV should not document political races



Jillian Aramowicz

A few things making America a sad place to be these days: phony publicity seekers, the ridiculous amount of exaltation given to reality TV programs and unqualified people in positions of political power.

A prime example of somebody who fits all three of these is Levi Johnston, the 20-year-old high school dropout whose fame was mostly acquired from his amazing ability to get his girlfriend, Bristol Palin, pregnant.

There are many reasons I cannot stand Levi Johnston, but none have been so incredibly annoying as the MSNBC announcement that the Alaska native is currently filming a pilot for his own reality show, called "Loving Levi: The Road to the Mayor's Office."

The worst part is not that Levi Johnston is getting paid to have his own reality show, but rather that the premise of the program is his quest to be elected mayor of Wasilla, Alaska, the town Sarah Palin, Johnston's fellow use-

less American, served in as mayor from 1996 to 2002.

Johnston lacks the maturity to be mayor of any city. The boy is only 20 years old. He can't even buy his own beer.

It is also no secret that there has been a long-standing feud between Johnston and the Palin family, from the on- and off-again engagement between him and Bristol to his alleged muckraking of Sarah Palin before and after the 2008 election. It seems to me that Levi Johnston is desperately scrambling to hold onto his dwindling 15 minutes of fame in any way possible.

In fact, Levi was not even planning on running until the producers of his reality pilot, Scott Stone and David Weintraub, approached him with the idea. According to an Aug. 24 article in the British newspaper The Guardian, they were later quoted saying the show would be more saleable if he ran for office. Basically, his political dreams are largely related to the hope that the show will be a hit.

Unfortunately for the budding young politician, the mayoral election is not until 2012. In the meantime, he is considering running for city commission of Wasilla, the same town he has his sights and cameras set on for the position of mayor.

Maybe if Levi Johnston dedicated a little less time



illustration by: Jillian Aramowicz

to boosting his image and starting drama with his now ex-girlfriend's family, he could focus on such pri-

orities as taking care of his toddler son, Tripp, or getting an education. This situation is infuriating, because

not only is he famous for simply reproducing with the daughter of a vice presidential candidate, but he is now enjoying money and success from that mistake to boot.

What is wrong with America? How can people who actually care about this country get shoved aside to make way for minor celebrities to turn the government into a circus?

I could not care less whether or not Levi Johnston decides to marry Bristol Palin, or whether or not he gets his own stupid reality show. However, I really would care if he did win a political position in any town, simply because he is unqualified, immature and doing it for all the wrong reasons.

I feel bad for the residents of Wasilla for being subjected to a spin-off of the real-life Sarah Palin sitcom. Political offices should not be documented on a reality show because it might make them "more saleable," and a 20-year-old high school dropout should not achieve fame and fortune for sleeping with the daughter of a well-known politician. I hope the world will soon quietly forget his name and face as just another 20-something who had 15 minutes of ill-gotten fame.

Jillian Aramowicz is a junior in advertising. Please send comments to opinion@spub.ksu.edu.

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Cats riding four-game win streak



This past week, we saw some remarkable performances from the volleyball team. The only question is whether it will be able to keep up the zest when it travels east bright and early today for the Kentucky Invitational.

At first glance, the odds look rather unfavorable. K-State will be facing two AVCA-ranked schools — No. 17 Florida State and No. 16 University of Kentucky — and one other school, Virginia Commonwealth, that has only one win out of seven matches. However, K-State is on par with, if not better than, the majority of its upcoming opponents.

The numbers do not tell the story well. Kentucky is ranked one higher than Florida State, but for poor reasons. Kentucky is 4-3 so far this season and has lost to some big-ticket teams, like Nebraska and Iowa State, but beat a handful of small teams. However, it lost Tuesday night to Cincinnati, which is receiving votes.

Florida State, on the other hand, seems better on paper than Kentucky. The Seminoles have only lost to No. 14 Tennessee, but have gathered five wins. Last year at the NCAA championship, Florida State beat Kentucky in the Sweet 16 in extra points, a gripping finish to the teams' seesaw rankings throughout the 2009 season.

So why does Kentucky have a ranking above Florida State when it has a worse record, lost to the Seminoles in the tournament and ended last year ranked much lower? The schedule.

Kentucky has played a much more difficult selection of teams than Florida State has. The Wildcats (in blue, not purple) started their season with double losses to then-No. 2 Nebraska and then-No. 9 Iowa State. The intervening five matches have mostly been against lesser schools, but those two powerhouses loom large in the season setup.

Florida State has played only one ranked team, and the other matches have not pushed the team to its supposedly high limits. But the school still deserves a higher ranking than Kentucky.

Back to the original point, K-State, still unranked for now, can be competitive against Kentucky and Florida State. For the most part, neither team deserves the stellar reputation that it has. Statistically, the players all fall into the average range when compared with other top schools — including K-State — and there is little in the way of standouts. Florida did bring back four seniors, and a few of those have been named to honorable teams, but K-State also has those awards. The same is true of Kentucky.

This all sets my outlook of the upcoming tournament into a positive swing for K-State. The Wildcats are rolling off a four-win streak, and they already have experience this season against the best teams in the country. A few matches against teams with highly inflated egos will allow the underdog to regain its proper place in the nation.

Plus, it will be great to trounce the favored team, North Dakota State.

Sam Nearhood is a senior in psychology. Please send comments to sports@pub.ksu.edu.

Ashley Dunkak
sports editor

Junior defensive back David Garrett finished the season opener against UCLA with an interception and two pass breakups. The Collegian talked with him about rooming with teammate Terrance Sweeney, being nervous before games and the passion of assistant coaches.

Q: Do you watch a lot of football at home?

A: That's the only thing our TV's turned on — ESPN or NFL Network; that's all we watch. That's pretty much what goes on at our house — football.

Q: Which players do you try to watch?

A: Whoever. I think you can learn something from everybody. Whatever football is on, even if it's high school, I'm watching.

Q: How much pride does the defense have in its performance against UCLA?

A: We have a lot of pride because last year when the defense needed to step up, we didn't step up. We didn't finish the game like we knew we should have, so we talked about that a lot. We're not going to have that feeling any more. By us just going out there, setting a brand for ourselves like we've been talking about all camp, and finishing, playing hard to the whistling, that showed a lot of pride and made us feel good about ourselves at the end of the game.

Q: How do you and Sweeney feed off each other's good play during a game?

A: Everybody feeds off each other. That's my roommate. I'm close to all my teammates, but when you live with somebody, you get closer ... By me getting excited and jumping around on the field, that just makes the next person do it. It's like it's contagious. Everybody's going to want to make a play because everybody wants to jump around. It just made it fun.

Q: Do you think Terrance was nervous before his first start?

I'm pretty sure everybody gets the bubble-gut or whatever you want to call it, gets nervous. But that's part of football — if you don't have that feeling, there's something with you. I've had that feeling all my life, even when I first started playing football when I was 6 years old I had that feeling. I know he was probably nervous just as much as I was nervous, but I know he was ready. We were all ready. We watched enough film, got coached well enough by our coaches to go out there and do what we had to do.

Q: How do different groups of players take on the personalities of their coaches?

A: Coach Cosh is a perfectionist. If it ain't perfect or close to perfect, he's got something to say, but I thank him for that because he makes me be, on the practice field, on top of my game 10 times more than what I am. And



Nathaniel LaRue | Collegian
Junior defensive back **David Garrett** runs an intercepted pass during the Wildcat's game against the UCLA Bruins Saturday at Bill Snyder Family Stadium

coach Burns, coach Burns is just like another player on the field. He's running around, dancing

around with us, screaming like he's still playing in the game, and we feed off of that because we

need that. And once we see him doing it, we get excited to do it, and that lightens up the practice.

Runner sets high goals, competes at new level

Marshall Frey
staff writer

Success in the cross country world is nothing new to K-State senior Sydney Messick. With a 14th place finish at the Big 12 Championships last October, Messick earned All-Big 12 honors. In addition to her athletic success, Messick has also experienced success in the classroom, being named a member of the Academic All-Big 12 First Team last season.

Her 2010 campaign is already off to a solid start, as she ran her way to a second-place finish at the J.K. Gold Dual in Wichita this past weekend. Last season, Messick competed in six events for the Wildcats, placing in the top 20 in each event with three top-five finishes.

For athletes, improvement

after a successful season can sometimes prove difficult.

This is not the case for Messick, who has focused her training this season on increasing her weekly mileage as well as being more competitive during races.

"Last season went really well, but my coach knew that if I wanted to be even more competitive, I would need to increase my weekly mileage," Messick said. "Being able to tolerate more work is what it takes to be able to step up to that next level in races. The paces for workouts and runs are pretty natural to me now that I've been here for awhile, so it's been more about adding more volume. As the season goes on, I'll work more on intensity and race-type efforts with repeats and such to help prepare me for that in races."

With the 2010 season already underway, the Wildcat runner already has specific goals in her crosshairs, including a top-40 finish at the NCAA Championships. But perhaps one of Messick's most important goals this season is having confidence in her training regimen and her racing ability.

"Some of the things I wrote down were really more like dreams than goals, but anything is possible if you work hard," she said. "I know that if I write down a goal, coach Smith will write the training that will get me there, so one goal was just to not fear the paces and the workouts. I know it'll be hard, but I don't want to put any limits on myself in my mind."

Perhaps one of the more difficult hurdles that Messick has had to overcome is the gradu-

ation of team member Beverly Ramos last spring. In her career at K-State, Ramos ran to All-American honors and placed 33rd in the NCAA Championships last November. While Ramos is absent from the team this year, Messick is impressed with how the younger members of the team have filled the veteran's void.

"We miss her attitude, work ethic and personality a lot, both in practice and races, but everyone has really stepped up," Messick said. "Everyone understands that we're going to need to fill that gap, and they're training hard to do it. I really haven't seen any hesitation. Everyone is just jumping in and getting the job done and that is really going to help us in some of our bigger races."

As a senior entering her last cross country season, Messick

believes the sky is the limit for what she can achieve this year. While individual success and accolades are nice, she said she really enjoys the family atmosphere that cross country brings with it.

"During track, we're all in our separate event groups, but during cross country, we're all training together and it's like a little family," Messick said. "You've got everyone out there before the sun comes up, training hard, encouraging each other and giving it all they've got to help the team. In a meet, you're running your own race, but at the same time each person you pass helps the team."

Sydney Messick and the cross country team head to Stillwater, Okla., to participate in the Cowboy Jamboree on Sept. 25.

Multi-faceted golfer plays baseball, hunts for fun

Tyler Scott
staff writer

Golf comes naturally to some people; Ross Geubelle is one of those people, but the sport is only one of his many interests.

A graduate student in business administration, Geubelle started playing golf around the age of 13, with some help from a family member.

"My father always wanted

me to have fun, and I've always been naturally competitive," Geubelle said. "I've always wanted to play, and it seems like just yesterday I was starting to play the game all over again."

Besides golf, Geubelle has also been active in hunting, fishing and baseball. He is also a member of National Honor Society.

Last fall, he competed in three events for the golf team. At the Wolf Run Invitational,

he posted a three-round score of 232 to help the team to a ninth-place finish.

In high school, Geubelle was a four-year letter-winner and placed in the top four in the Kansas 3A State Championship his senior year. He was also named to the all-league, all-region and all-state teams.

This season at K-State, Geubelle said he hopes to compete week in and week out.

"I just want to have as much

fun as possible," Geubelle said. "I would also like to improve my score by about five strokes and compete for wins every week no matter where we go."

While his best moment at K-State occurred when the team won the Pacific Invitational in California in 2008, his favorite personal memory had to do with advice from the man who started him in the sport.

"In 2007 at the Kansas Amateur, the things my dad told me

there influenced me so much," Geubelle said. "I was down five strokes, and on the back nine I went out and finished the tournament strong."

Right now, Geubelle doesn't have any plans to play professionally after this year, but he said he would continue to play golf in amateur events.

"If I really want to play professionally after this year, I'll have to improve on my game a lot," Geubelle said.

Safety in Numbers

28

Carries by Daniel Thomas

Head coach Bill Snyder has said he does not have a specific plan for how much of the offensive load the senior running back will shoulder. Snyder said it will be as much as Thomas can handle and as much as the team needs. Well ... after the game against UCLA, we should wonder if those numbers will coincide. Thomas makes rushing look effortless; he's somehow graceful and smooth even as he's pounding through people and falling forward for extra yardage. Even he, however, has limits, and nearly 30 carries in a game might push those limits.

43

Yards on tackles for loss by UCLA

K-State suffered six sacks during the game. While at least a few of those were probably quarterback Carson Coffman's responsibility for being indecisive and not getting rid of the football, the offensive line still shoulders some of the grief here. That's not to say the linemen aren't doing well, because in fact, they are. Even someone as talented as Thomas can't run through holes if the offensive line doesn't create holes.

120

Receiving yards by UCLA

Even though this number is almost twice the passing production of the Wildcats in the game, it is a pretty low figure and therefore smacks of quite an impressive performance by the secondary. UCLA's quarterback, Kevin Prince, threw only a handful of passes that were not heavily contested. K-State has a veteran secondary, and it definitely showed on Saturday.

6

Carries by William Powell

The senior running back took advantage of every opportunity. In six rushes, he gained 72 yards. He said after the game he does not want there to be a letdown when Thomas exits the game and he enters. If he can continue averaging 12 yards per carry, or even much less than that, he might just get his wish.

377

Yards of offense gained by K-State

This is a significant improvement upon the production from the last time the Wildcats faced the Bruins.

While 249 — in addition to his 234 rushing yards, he caught a 15-yard pass — of those yards came from Thomas, nearly 400 yards of offense is always an achievement.

Compiled by Ashley Dunkak



CURSED

Vulgar words’ meaning from history, not definition

Many profanities change over time, become more or less acceptable

Elena Buckner
edge editor

“An act of sexual intercourse. Also as a mass noun (esp. in early use): sexual intercourse; A person considered in sexual terms or as a sexual partner. Chiefly used with modifying word.”

The Oxford English Dictionary’s definition of the noun form of the only word that can be used as every part of speech is surprisingly cultured for most people’s connotation of the word. But what makes this coarse term for a sexual adventure (which was considered acceptable for common use in Shake-

speare’s time) worse than any other term for sexual intercourse?

Donna Potts, associate professor in the English department, said many modern curse words come from Anglo-Saxon origins and that their negative connotations could have to do with the historical class differences between ancient French Normans and Anglo-Saxons. After the Normans conquered the English, Anglo-Saxons were considered second-class citizens and their language was also considered lower class.

Potts also said she thought the fact that many curse words are four letters or at least only one syllable helps give them some of the added force people perceive them to carry.

“This is true even of words that are not curse words, like ‘love,’” Potts said. “There are synonyms for the word ‘love’ but none of them seem to pack

as much punch as ‘love’ itself.”

Carol Russell, instructor in the English department, said one interesting and important aspect of words that dictionaries classify as “vulgar” is the way their usage changes over time. Russell used the example of the word about female dogs, which she said used to be derogatory no matter who used it or who they were talking about. Now, however, it is considered acceptable and even a sign of close friendship when people use the word toward someone they know. Russell said the speed at which language changes also has a huge impact on whether certain words are curse words. She said even five years ago males did not use the word toward another male without meaning a serious insult, while it is currently becoming more accepted to do so.

Russell said these

changes are reflected in dictionaries and that different dictionaries use different definitions for the same word, while others will not define a word at all. She said the main reason for this is what style of dictionary it is. Prescriptive dictionaries tend to explain “how the language ought to be according to our rules and regulations,” while descriptive dictionaries describe “how the language is actually used.” Prescriptive dictionaries often omit curse words, Russell said, because people ought not use them when speaking good English.

Potts said one reason curse words are considered unacceptable is because of their lower-class connotation.

“Educated people respond in the same way to hearing swear words as to hearing bad grammar,” Potts said.

Potts also said the Eng-

lish language seems to have more words that are considered “taboo” than some other languages, which might be due to the heavy Protestant background. Protestants’ historic avoidance of taking God’s name in vain in addition to other swear words resulted in a long list of words considered inappropriate.

Despite the fact that American English includes many slang words not used in other English-speaking countries, there are few curse words that are distinctly American. The only one Potts could think of was “the N-word,” which developed during the 19th century.

The English language might be full of words that are taboo, but each one has its own history and development over time. Who knows, maybe in 50 years the word for a roll in the sack may be as socially acceptable as the one we use to call a human a dog.

RESULTS MAY VARY

Cupcakes, homework ninjas, plus the ‘Ville



Sara Gudde

Well, here they are: the good, the bad and the ugly. I have done my best to answer your questions, my fellow K-Staters. Keep them coming!

Q: Can I have some cupcakes?
A: First of all, cupcakes are delicious. But alas, I have no cupcakes to give you. And even if I did, we do not have the technology to transmit cupcakes via the newspaper. However, there are tons of sweet treats for sale at T*H*E Bakery in Derby Dining Center. You should check it out. My personal favorite? Cream cheese brownies.

Q: What’s the best thing to do if my friend and I both get plastered in Aggieville? We couldn’t even find our way back home.

A: I’m going to assume you are referring to a weekend night, after dark. At this point, there are several things you should try to avoid. Don’t go down the dark alley in Aggieville that has the words “Don’t Be Shy” spray painted on the far end. Let’s face it, that’s creepy even when sober. A better practice is to avoid alleyways in general, and stick to well-lit streets. Also, avoid passing out on the sidewalk somewhere. If you are passed out on the sidewalk, you will most likely be A) trampled when the bars close and there are hoards of people stumbling their way home, B) picked up by the local police, or C) picked up by someone much sketchier than the police. Not a situation you want to be in. Lastly, avoid puking in undesirable places, such as the backseat of your friend’s car or on the jeans of someone big enough to beat you up.

Your saving grace at this point will most likely be SafeRide, a sweet bus system that runs two routes, purple and white. The purple route runs on the southeast side of campus, while the white route goes to the northwest part. The purple line’s first stop is at Willie’s Car Wash in Aggieville, at the intersection of 12th Street and Bluemont Avenue. SafeRide is in operation from 11 p.m. to 3 a.m. Thursday, Friday and Saturday. It beats walking home and getting lost or harassed, or riding home with someone who shouldn’t be driving. And it certainly beats driving drunk.

If you need a ride on a night that SafeRide is not running, call a friend. Chances are good that you have a sober friend who doesn’t want you driving drunk. If not, find new friends.

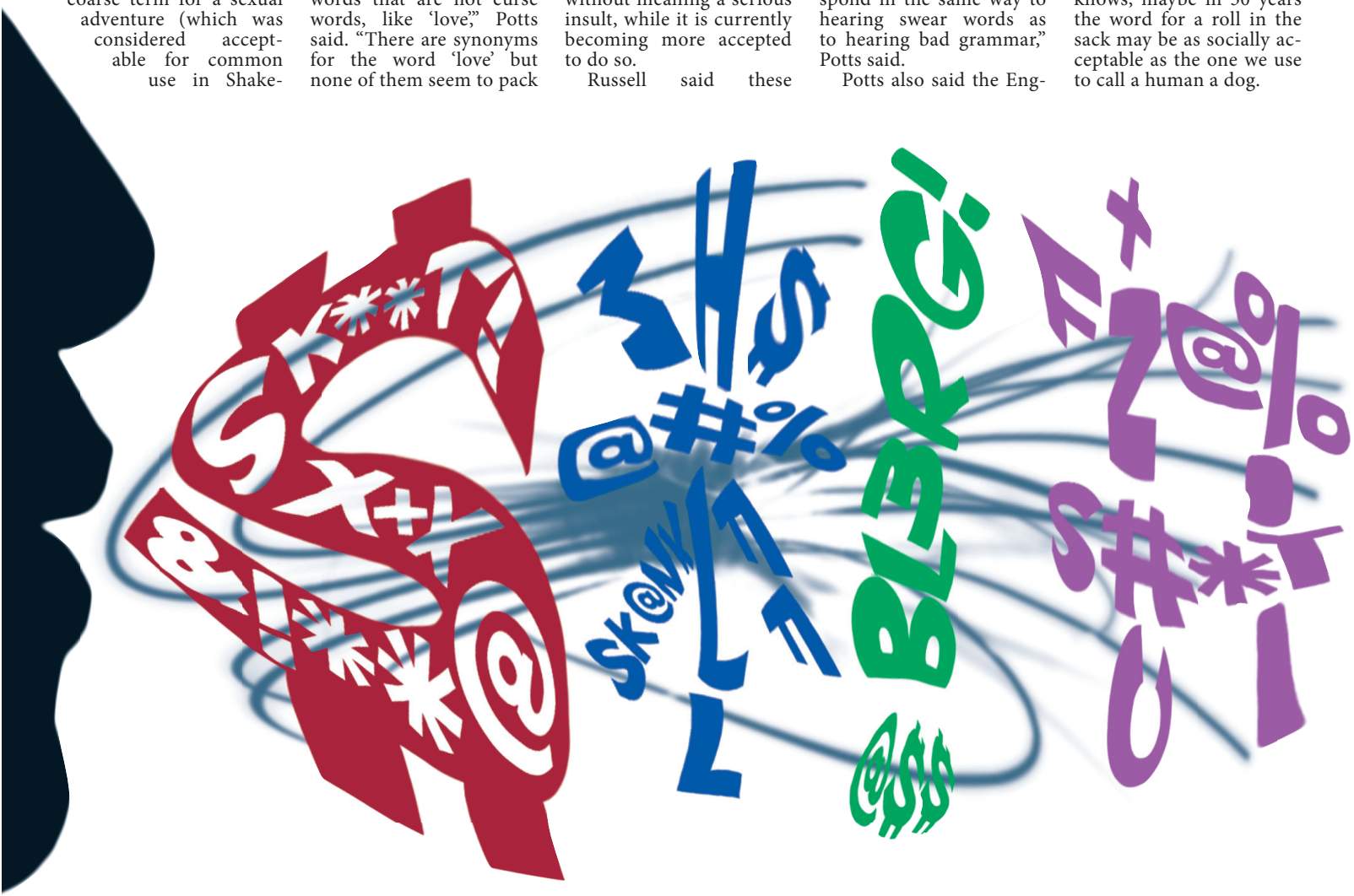
Another option is starting the evening by asking a friend to be the designated driver for the night. Be careful to choose someone who doesn’t mind watching you retch and will be sure to stay sober. If your DD drinks with you, you have defeated the purpose of having a DD. A good designated driver will try to dissuade you from doing things you’ll regret in the morning, like getting random tattoos or making out with the wrong person and will provide you with the security of knowing you will get home safe at the end of the night.

And as you arrive safely at home, consider this little-known fact: it is possible to go to Aggieville, have a few drinks and a great time, and not get totally wasted. Then you can avoid passing out in someone’s yard, the hangover the next morning and the embarrassing pictures on Facebook.

Q: How many ninjas does it take to get my homework done?

A: There are several inherent problems with this question. First, you’d have to find a ninja, which we all know is impossible. Second, you’d have to keep the ninja from killing you long enough to ask about your homework. Good luck with that. Also, I’m pretty sure that having a ninja do your homework is a breach of K-State’s Honor System. Those issues aside, I’d say it depends on the homework. If it is Calculus II, it will probably take you several ninjas, a recitation teacher and a SAS Tutor to get it figured out.

Sara Gudde is a senior in secondary education. Questions for Sara should be directed to edge@spub.ksu.edu.



Fruits, vegetables simple to pack, versatile

Low-calorie items are healthy snacks, meals for students on the go

Tiara Williams
Staff Writer

“Eat your vegetables.” “An apple a day keeps the doctor away.”

We have all heard these quotes before, but they still seem to remain simply over-used phrases. They are said so much the average person tends to block them out.

Sheryl Klobasa, director of Kramer Dining Center and instructor of hospitality management and dietetics, said it is good for students to know why people stress eating fruits and vegetables so much.

“I know college students are always on the go and think fruits and vegetables take too much time to cook or make, but there are lots of fruits and veggies in stores waiting to be eaten that don’t take much time at all,” said Klobasa, also a licensed and registered dietitian.

Melissa Copp, assistant director of recreational services at the Peters Recreation Complex, suggested ways students can receive the daily nutrients these food groups give one’s body.

“Fruit can easily serve as a quick grab-and-go breakfast or an addition to cereal, toast or breakfast bar,” Copp said. “Vegetables can easily be added to omelets or breakfast casseroles — onions, green or red peppers, spinach, etc. — or they can be baked and eaten by themselves. For example, baked butternut squash with cinnamon is a delicious side or snack.”

Copp also provided ideas for incorporating healthy foods at school or at work.

“When packing a lunch, students can incorporate vegetables on their sandwich — let-

tuce, spinach, onion, tomato, green or red peppers — or add them to prepared pasta meals,” she said. “Or, it may be easier to pack a small baggie of vegetables like celery, carrots, snow peas, snap beans or red or green peppers that could accompany a different meal.”

A number of fruits are quite simple to pack, like apples, oranges, bananas, peaches, plums, pears and grapes, and can serve as a dessert or a snack. Copp said students can pack fruit cups or dried fruit, but advises them to look out for added sugars in canned fruits.

Mikel Regular, sophomore in electrical engineering, said living in Marlatt Hall helps because he eats at Kramer Dining Center and they always have fruits and veggies.

Mary Shadwick, sophomore in kinesiology, lives in a sorority house where the kitchen usually provides food, but she is a busy person and sitting down for meals is not always possible.

“I feel like I am constantly on the go, so eating well isn’t always the easiest option, but it can be done,” she said. “If I need a snack, I’ll grab a banana on the go or pack a granola bar instead of resorting to the vending machines or packaged snacks.”

A good place to find fresh and affordable fruits and vegetables is the farmers market. Longtime vendor Malley Sisson, production dietician in Kramer Dining Center, said young people need to learn seasonality because that is when food is at its best taste, look, nutritional value and, usually, cost.

The farmers market is located in downtown Manhattan from the last Saturday of April to the last day of October. On Saturdays, find food, flowers, trinkets from other countries, live bands and more on 5th and Humboldt from 8 a.m. to 1 p.m. On Wednesdays, the



Photo by Heather Scott | Collegian

Candra Walters, sophomore in nursing, and Terrahn Wall, sophomore in Secondary Education, shop for vegetables at HyVee.

market is held in Cico Park from 4 to 7 p.m.

“The purpose of the farmers market is so farmers can directly market the products they make and customers can purchase locally grown food and talk to the people who grew it, finding out the seasonality of fruits and vegetables and possible ways to prepare the food,” Sisson said.

Once a month, a chef cooks and brings samples or brings in food and shows how to prepare it, making him a great person to talk to about incorporating fruits and veggies in your diet.

Currently, there are melons, corn, jalapenos, cabbage, green peppers and tomatoes in season, and soon apples too. The local farmers market sells beef, buffalo, pork and lamb occasionally.

“What you put in your mouth is a political decision,” Sisson said.

REDS
major benefits include promoting heart health; helping to lower cancer risks; protecting against memory loss.

ORANGES & YELLOWS
major benefits include supporting the immune system and vision health, reducing cancer risk, promoting collagen formation and healthy joints.

GREENS
major benefits include promoting vision health, lowering blood pressure, normalizing digestion time, boosting immune system and reducing cancer risk.

BLUES & PURPLES
major benefits include increasing memory function, lowering LDL cholesterol, improving urinary tract health, reducing cancer risk and encouraging healthful aging.

Klobasa said there really are no bad foods; everyone should just have a variety of foods. For every meal, she said, half one’s plate should be fruits and veggies, a fourth should be meat and the other fourth should be starch.

Agreeing, Copp said if a student’s schedule allows her to have four to six meals or

snacks each day, she can balance her intake by having a vegetable with each of the three main meals and having a fruit with each snack.

“Fresh fruits and vegetables are wonderful to incorporate as often as possible,” she said. “They are affordable, fat free, low calorie and packed with the nutrients your body pre-

Growing business smooths roads

K-State Research and Extension

As we drive down the road, we see cracks and worn tracks on the highway — and then, bang! We hit a big pothole. This is a sign of a road that has not been cared for. If only there was a process for restoring or preserving these roads.

But now there is, thanks to a Kansas company which is benefitting roads in our state and around the world.

Scott Bergkamp, president of Bergkamp Inc. in Salina, said that this company is an innovator in pavement preservation equipment.

Today the business, which began with only Mel and Marge, employs some 65 people. Scott earned an electrical engineering degree at K-State and joined the company in 1998, and now serves as president of the company.

His brother Jason joined the company in May. Mel and Marge are still involved as directors, making this a true family business.

Bergkamp Inc. has two main lines of products. One has to do with slurry seal and micro-surfacing equipment for pavement preservation, and the other has to do with pothole patchers for maintenance. Both products can be truck or trailer-mounted. The pothole patching is a way of remedying a problem once it has developed in a roadway, but the other equipment is for proactive preventive maintenance.

In other words, the Bergkamp units are used to seal the road surface and prevent moisture from seeping in while the road is still good.

By applying a thin layer of crushed aggregate mixed with asphalt emulsion and some additives to the road surface, it preserves and extends the life of the roadway and creates a safer road for motorists.

Timing is key.

“If you can put the right treatment on the right road at the right time, you can avoid more expensive problems in the future,” Scott said.

He credits the state of Kansas with pursuing a proactive pavement preservation system for 20 years which has helped Kansas have good state roads compared to our neighbors.

This process makes a wise investment for taxpayers in the long run.

Scott said quality products and customer service are priorities for the company. In fact, the only manufacturer in North America to produce a full-size continuous slurry seal and micro-surfacing paver is Bergkamp Inc.

The economic and safety benefits of these products appeal to customers across the United States and around the world. Bergkamp products have gone from coast to coast in the United States and to such places as China, Russia, Chile, Argentina, Thailand, Belarus, Mexico, Canada, Australia, Ecuador, Peru, Angola, Nigeria and more.

The website, bergkamp-inc.com, even comes in four languages: English, Spanish, Russian and Chinese.

As we drive down the road, we look at the surface of the highway. Now we're thankful to see that the roadway is not marked by cracks and potholes, thanks to the processes provided by Bergkamp Inc. equipment. For Kansas, creating this business was a smooth move.

DIET | Food variety is key to weight loss

Continued from page 1

of the family is eating supper and he really wants to eat something healthy, but he restrains himself.”

The Haub family children also provide an obstacle to the professor's experiment.

“The biggest challenge is to explain to the boys why it's OK for Daddy to eat the snacks all day long while they have to eat vegetables,” Michelle said. “We don't really let the boys eat the snack cakes, so when we have our family meals, Mark is eating his vegetables.”

Despite losing 8 pounds during the experiment, he would not recommend it to anybody attempting to lose weight.

“I don't recommend this. It's more of an exercise in biochemistry than anything else,” Haub said. “If some-

body wanted to do this, I would ask the question, ‘Why do you want to lose weight?’ and I would suggest that they meet with a health professional.”

Julie Gibbs, director of health promotion and nutrition counseling at the Lafene Health Center, would also recommend that students seek a healthier weight-loss strategy.

“If your goal is weight loss, you could eat cardboard and lose weight,” Gibbs said. “If you want to lose weight the healthy way, you need to eat a variety of foods from all of the different food groups.”

Gibbs recommends students interested in losing weight meet with Lafene's registered dietitian, or consult mypyramid.gov for tips and resources for healthy eating.

SGA | Vote tonight on committee

Continued from page 1

president, and his administration will introduce a resolution at the meeting, appointing students and faculty to the Enhanced Classroom Experience Committee. The committee was part of Unruh's campaign platform during the SGA elections last spring.

The goal of the committee is to determine ways to create a better learning environment at K-State, Unruh said.

The committee itself has not been formally created yet, as it has not been voted on by Student Senate. However, the bill to create the committee is scheduled for a vote at tonight's meeting.

Senate begins at 7 p.m. in the Big 12 Room at the K-State Student Union.

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| | | | | | | | |
|---|---|---|---|---|---|---|---|
| | | 7 | 5 | | 2 | | 8 |
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| 9 | 1 | | 6 | | | 5 | 2 |
| | | 2 | | | | | |
| | | | | | 2 | 7 | |
| 3 | 4 | | | | 1 | 6 | |

brainfreezepuzzles.com

Rules: Fill in the grid so that each row, column, and 3x3 block contains 1-9 exactly once.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 4 | 2 | 8 | 1 | 6 | 3 | 7 | 5 |
| 5 | 7 | 6 | 2 | 4 | 3 | 1 | 8 | 9 |
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| 1 | 2 | 5 | 4 | 6 | 9 | 8 | 3 | 7 |
| 4 | 6 | 3 | 7 | 2 | 8 | 9 | 5 | 1 |
| 7 | 8 | 9 | 3 | 5 | 1 | 6 | 4 | 2 |
| 6 | 5 | 7 | 9 | 8 | 2 | 4 | 1 | 3 |
| 3 | 9 | 8 | 1 | 7 | 4 | 5 | 2 | 6 |
| 2 | 1 | 4 | 6 | 3 | 5 | 7 | 9 | 8 |

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Homegrown food helps scholars

K-State Research and Extension

Guess who’s coming to dinner? How about the Governor and more than a thousand other people? Wow, that is an impressive guest list. It is even more impressive when one learns that the entire menu is produced right here within the borders of a single county. More impressive than that is the fact that this annual dinner has been going on in rural Kansas for nearly 50 years.

In 1941, a state representative named Will Christian represented Grant County in Topeka. He told his fellow legislators that he and his family were self-reliant; everything they needed to eat could be found on their farm in Grant County.

Then, in order to prove his claim, he invited 12 legislators and the Lieutenant Governor to his home for a meal. Representative Christian’s wife Nora prepared the meal of homegrown products and served it in their rural ranch home.

It was a hit. In fact, it was so popular that the Christians did it again the next year and every year after that until he retired from the Legislature. It was served in a rural setting, in their home outside the town of Ulysses, population 5,857 people.

In 1962, the Grant County Chamber revived the dinner, continuing the commitment to showcase locally-produced foods. It was named

the Grant County Home Products Dinner.

Once again, it was a hit. It evolved into a dinner to which the public and elected officials were invited. Many years the Governor attends. The event is now held at the Civic Center in Ulysses. The dinner attracts some 1,500 people each year. Wow. Marieta said, “We get people from all ages, from senior citizens down to young kids.”

The menu has remained essentially unchanged through the years. Barbecue beef is the main course, served with scalloped potatoes, baked pinto beans, candied sweet squash, cherry tomatoes, sweet corn, whole wheat rolls, strawberry jam, watermelon, ice cream and milo doughnuts. Yes, that’s right, milo doughnuts.

Every year it takes approximately 800 pounds of beef to supply the main course, along with 4,000 cherry tomatoes, a pickup load or two of sweet corn, 2,000 milo doughnuts, 100 pounds of pinto beans, 400 pounds of potatoes, 2,000 whole wheat rolls, 50 squash, 40 pounds of strawberries and 50 watermelons.

An eight-person committee for the dinner coordinates the event for the chamber. The event is a huge project. In getting everything done from picking and shucking sweet corn to setting up chairs and tables to decorating the Civic Center, the committee will have coordinated some 50 clubs and approximately

700 volunteers.

“Nearly every club or organization in town helps in some way,” said Marieta Hauser, Grant County Chamber of Commerce and Tourism.

Another remarkable fact is that the admission to the dinner costs \$5, which buys a meal, a collector button with each year’s artwork and live entertainment.

The proceeds from the dinner are donated to the Grant County Scholarship Foundation which supports local high school seniors. Each year the dinner is held on the third Tuesday of September.

In American society, there seems to be renewed interest in local foods. Grant County seems to be way ahead of the curve, having celebrating their local foods for decades. So guess who’s coming to dinner? Yes, the Governor and some 1,500 other people. They will enjoy a good meal of products grown right there in Grant County.

We commend the many volunteers and community leaders who have made a difference by helping this event succeed and grow through the years. Not only have they promoted local foods, the proceeds generated for the foundation have made it possible to award nearly \$100,000 in scholarships to local high school seniors. Pass the milo doughnuts, please.

POLICE | Partying no longer confined to ‘Ville

Continued from page 1

policy stating that a warning must be given.

“We like to do that, but we don’t always get the chance to do that,” he said. “We just think it’s good business and treat people like we’d like to be treated, like adults.”

Loud music and intoxicated people walking along the street are factors that attract the attention of RCPD, Schoen said. An immediate red flag, he said, is students shouting “PoPo, F U PoPo.”

Recent changes in Manhattan have affected the way RCPD handles parties. A city ordinance was enacted that states that a person may not host a party serving minors, he said. This ordinance was crafted to enable RCPD to tackle issues before they worsen.

A large part of the party issue in Manhattan is that minors cannot enter many Aggieville bars, he said. Even if they can get into a bar, they cannot consume alcohol and often need to leave the establishment before a set time.

He said that he remembers a time when the partying was confined to Aggieville. Now, students party in houses then go to Aggieville already intoxicated to hang out outside.

“I don’t think the feds anticipated what would happen in places like Manhattan when they changed the drinking age,” Schoen said. “It’s kind of the law of unintended consequences.”

Another change has been a shift in philosophy at RCPD.

“It doesn’t do any good to run from place to place taking reports all the time,” Schoen said. “We need to start looking at the source of the problem.”

Alan Heide, senior in sociology, actively participated in the house party scene his first two years of college, and has been at several parties when

they were busted, he said. Now that he’s 21, he sticks to Aggieville.

Heide said he thinks attention was drawn to those parties because of loud music and people gathered in front of a house.

While he said the house party scene is definitely riskier this year, he believes students will still hold them.

“I think house parties are part of the college experience,” Heide said. “Kids are always going to find ways to have them.”

Large parties of 100 or more people, Schoen said, are where most of the problems breed. Greek organizations are known for their large parties and it is easy for a greek party to have over 100 people with members bringing their friends, he said.

The Interfraternity Council has been in discussions with RCPD and is meeting with them this afternoon to discuss the “police crackdown.”

Tom Chaffee, president of Beta Theta Pi, said that he could not comment on any incident involving his fraternity and RCPD.

“They felt like they were being picked on, in part, that was one of their concerns,” Schoen said.

RCPD is not targeting greek organizations in particular, he said, and the amount of fraternity parties busted is about equal to the non-fraternity parties.

Schoen said that a staffer at RCPD works full-time investigating complaints about RCPD law enforcement. If someone has a complaint about an officer or RCPD, they can report it by calling the Riley County Law Enforcement Center.

“We deal with those and take those very seriously,” Schoen said.

The IFC is meeting today at 4:15 p.m. at the K-State Student Union.

FOOD | Nutrition labels key

Continued from page 3

pounds unnecessarily) and food shopping tips.

Blakeslee’s presentation included a sugar and fat display, with tubes containing the sugar and fat in familiar snack and meal choices, before leading a discussion about reading and interpreting nutrition facts labels on food products.

“Reading labels is helpful in choosing lower-fat ingredients when preparing meals and snacks,” said Blakeslee, who offered tips for reducing the calories and fat in pizza before providing a recipe and inviting the cooking groups to choose ingredients for preparing their pizza for lunch.

“If we can teach kids to be aware of what they are eating and how the ingredients in the foods they choose impact their health, we can help them begin to improve their health, manage their weight and prevent disease now and in the future,” said Gary Gerhard, K-State Research and Extension professor of youth development and grant collaborator and evaluator.

In looking at the campers’ evaluations, Gerhard noted an enthusiastic willingness to try new foods and new experiences.

Many had little, if any, kitchen experience, but enjoyed the food labs and were impressed with the realization they could follow directions and produce an edible product, Gerhard said.

“Campers also were anxious to copy recipes to take them home and share them with their parents,” he said.

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